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Children's Sleep Habits Questionnaire (CSHQ) – Older Child/Adolescent

Availability:	This instrument is not currently available on the NINDS website. For more information, please visit: Children's Sleep Habits Questionnaire
Classification:	Exploratory: Spinal Cord Injury (SCI)-Pediatric
Short Description of Instrument:	<p>This is a sleep screening for older children. It is currently undergoing validation and has both parent-report and self-report versions.</p> <p>Consists of eight subscales:</p> <p>Bedtime Resistance</p> <p>Sleep Onset Delay</p> <p>Sleep Duration</p> <p>Sleep Anxiety</p> <p>Night Wakings</p> <p>Parasomnias</p> <p>Sleep Disordered Breathing</p> <p>Daytime Sleepiness</p>
Scoring:	Gives 8 subscale scores and a total score.
References:	<p>Goodlin-Jones, B. L., Sitnick, S. L., Tang, K., Liu, J., & Anders, T. F. (2008). The Children's Sleep Habits Questionnaire in toddlers and preschool children. <i>J Dev Behav Pediatr</i>, 29(2), 82–88.</p> <p>Owens, J. A., Spirito, A., & McGuinn, M. (2000). The Children's Sleep Habits Questionnaire (CSHQ): psychometric properties of a survey instrument for school-aged children. <i>Sleep</i>, 23(8), 1043–1051.</p>